

January



Dry January Month

Health topic:
Alcohol Awareness

February



World Cancer Day

Health topic:
Cancer Awareness

March



Debt Awareness
Week

Health topic:
Money, Happiness &
Wellbeing

April



Stress Awareness
Month

Health topic:
Coping With Pressure

May



Mental Health
Awareness Week

Health topic:
Mental Health

June



Healthy Eating Week

Health topic:
Healthy Eating

July



Staying Healthy In
Summer

Health topic:
Take Care In The Sun

August



Cycle To Work Day

Health topic:
Exercise

September



Know Your Numbers
Week (Blood Pressure)

Health topic:
Healthy Heart

October



World Menopause
Day

Health topic:
Menopause

November



International Men's
Day

Health topic:
Men's Health

December



Staying Healthy In
Winter

Health topic:
Winter Health